

Helpful Lists of Bible Promises

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About Prayer

Prayers must be based on God's word

John 15:7 If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

1 John 5:14-15 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

God's word is creative, when He speaks it gets done

Psalms 33:6, 9 By the word of the Lord the heavens were made, And all the host of them by the breath of His mouth.... For He spoke, and it was done; He commanded, and it stood fast.

Isaiah 55:11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

God can speak of future things as if they already existed

Romans 4:17b

...God, who gives life to the dead and calls those things which do not exist as though they did

God cannot lie

Numbers 23:19 God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?

Hebrews 6:18 "it is impossible for God to lie"

God is eager to help us and give us good things

2 Chronicles 16:9a For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.

Matthew 7:11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

James 1:17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

2 Corinthians 1:20 For all the promises of God in Him are Yes

Calvary shows us how willing God is

Romans 8:32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

The Holy Spirit Helps Us Pray

Romans 8:26

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

God is more than willing to give His Spirit to those who ask Him

Luke 11:13 If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!

Ask and it will be given to you

Matthew 7:7

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Believe and you shall receive

Mark 11:24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

Claim the promise by thanking God for hearing your prayer

John 11:41 Then they took away the stone from the place where the dead man [Lazarus] was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me."

Prayer requires faith

Hebrews 11:6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

God gives you faith

Faith is a gift that comes by hearing God's word

Romans 10:17 ...faith comes by hearing, and hearing by the word of God

Ephesians 2:8b... faith, and that not of yourselves; it is the gift of God

Romans 12:3b ...God has dealt to each one a measure of faith.

Matthew 17:20 ...if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.

Be humble, like a child

Psalm 25:9 The humble He guides in justice, and the humble He teaches His way.

Matthew 18:4

Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven

1 Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

Hunger and thirst after God

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, For they shall be filled.

God will draw you to Him

Pray in Jesus' name

John 14:14 If you ask anything in My name, I will do it.

Remember to Praise and Thank God

Psalm 22:3 But You are holy, Enthroned in the praises of Israel.

Psalm 100:4 Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.

Psalm 16:11 You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

1 Thessalonians 5:16-18 Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Matthew 6:9

In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.

Focus of prayer: God's kingdom

Matthew 6:13b ...For Yours is the kingdom and the power and the glory forever. Amen.

Prayer requires obedience to God's will

Matthew 6:10 Your kingdom come. Your will be done On earth as it is in heaven.

Psalm 84:11 For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly.

1 John 3:22 And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.

God gives you the power to obey

Ezekiel 36:27 I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.

Don't use prayer as an excuse to sin

James 4:3 You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.

John 5:14 Afterward Jesus found him in the temple, and said to him, "See, you have been made well.

Sin no more, lest a worse thing come upon you."

Proverbs 28:9 One who turns away his ear from hearing the law, even his prayer is an abomination.

Prayer requires repentance from sin

Psalm 66:18 If I regard iniquity in my heart, The Lord will not hear.

God gives you repentance

Acts 5:31 Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.

The Holy Spirit convicts of sin

John 16:8

And when He has come, He will convict the world of sin, and of righteousness, and of judgment

God will forgive and cleanse us of sins we confess

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

You must be willing to forgive others

Mark 11:25 And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.

Matthew 6:15

But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

God will give you a new heart filled with love

Ezekiel 36:26 I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

Romans 5:5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

A Time and Place for Private Prayer

Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Matthew 6:6b ...pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

The Power of United Prayer

Matthew 18:19-20 "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them."

About God's Word

God's word made the heavens and earth

Psalm 33:6

By the word of the Lord the heavens were made, and all the host of them by the breath of His mouth.

The Word is God, He made all things and in Him is life

John 1:1-4 In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men.

The word of His power upholds all things

Hebrews 1:3a "who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power..."

God's word stands forever

Isaiah 40:8 The grass withers, the flower fades, but the word of our God stands forever.

The Word became flesh and dwelt among us

John 1:14 And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

God's Word testifies of Jesus

John 5:39 You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me.

God's word is given by inspiration

2 Timothy 3:16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness

What God's word can do for you

God's word gives you faith

Romans 10:17 So then faith comes by hearing, and hearing by the word of God.

God's word works effectively in those who believe

1 Thessalonians 2:13 For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also effectively works in you who believe.

God's word discerns the thoughts and intents of the heart

Hebrews 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

God's word gives light and understanding

Psalm 119:130 The entrance of Your words gives light; It gives understanding to the simple.

Psalm 119:105 Your word is a lamp to my feet and a light to my path.

God's word enables you to know the truth and sets you free

John 8:31-32 Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.

God's word cleanses

Psalm 119:9 How can a young man cleanse his way? By taking heed according to Your word.

John 15:3 You are already clean because of the word which I have spoken to you.

God's word heals

Psalm 107:20 He sent His word and healed them, And delivered them from their destructions.

God's word revives

Psalm 119:25 My soul clings to the dust; Revive me according to Your word.

God's word gives life

Psalm 119:50 This is my comfort in my affliction, For Your word has given me life.

Meditating on God's word leads to spiritual fruit and success

Psalm 1:2-3 But his delight is in the law of the Lord, And in His law he meditates day and night. He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; and whatever he does shall prosper.

Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

God's word rejoices the heart and enlightens the eyes

Psalm 19:8 The statutes of the Lord are right, rejoicing the heart; The commandment of the Lord is pure, enlightening the eyes;

God's word converts the soul and makes you wise

Psalm 19:7 The law of the Lord is perfect, converting the soul; The testimony of the Lord is sure, making wise the simple;

God's word makes you born again

1 Peter 1:23 having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever

James 1:18 Of His own will He brought us forth by the word of truth, that we might be a kind of firstfruits of His creatures.

God's word keeps you from sin

Psalm 119:11 Your word I have hidden in my heart, That I might not sin against You.

God's word sanctifies you

John 17:17 Sanctify them by Your truth. Your word is truth.

God's word builds you up

Acts 20:32 So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified.

God's word upholds you

Psalm 119:116

Uphold me according to Your word, that I may live; and do not let me be ashamed of my hope.

God's word is able to make you wise unto salvation

2 Timothy 3:15 and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.

God's word is able to save your soul

James 1:21 Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

The Work of The Holy Spirit**The Holy Spirit gives life**

John 6:63 It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

Jesus baptizes you with the Holy Spirit

Matthew 3:11

I indeed baptize you with water unto repentance, but He who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

The Holy Spirit comes from the Father

John 14:15-16 If you love Me, keep My commandments. and I will pray the Father, and He will give you another Helper, that He may abide with you forever

Given to those who ask

Luke 11:13 If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"

Given to those who believe

John 7:38-39a He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." But this He spoke concerning the Spirit, whom those believing in Him would receive....

Convicts of sin, righteousness and judgment

John 16:7-11 Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you. And when He has come, He will convict the world of sin, and of righteousness, and of judgment: of sin, because they do not believe in Me; of righteousness, because I go to My Father and you see Me no more; of judgment, because the ruler of this world is judged.

Guides you into all truth

John 16:13a However, when He, the Spirit of truth, has come, He will guide you into all truth....

Doesn't speak of itself

John 16:13b.....for He will not speak on His own authority...

Testifies of Jesus

John 15:26-27 "But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. And you also will bear witness, because you have been with Me from the beginning.

Glorifies Jesus, declares of the things of Jesus

John 16:14 He will glorify Me, for He will take of what is Mine and declare it to you.

What He hears, He speaks and tells you things to come

John 16:13c but whatever He hears He will speak; and He will tell you things to come.

Teaches you and reminds you of Christ's Words

John 14:26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

Transforms you into Christ's image as you behold Him

2 Corinthians 3:18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

Writes in your heart, making you an epistle of Christ

2 Corinthians 3:2-3 You are our epistle written in our hearts, known and read by all men; clearly you are an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart.

Helps you pray

Romans 8:26

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

Leads you to confess Jesus as Lord

1 Corinthians 12:3 Therefore I make known to you that no one speaking by the Spirit of God calls Jesus accursed, and no one can say that Jesus is Lord except by the Holy Spirit.

Enables you to obey

Ezekiel 36:27 I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them

Is contrary to the flesh

Galatians 5:17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Casts out demons

Matthew 12:28

But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you.

Gives you hope

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Pours God's love into the heart

Romans 5:5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

Bears fruit

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Ephesians 5:9 (for the fruit of the Spirit is in all goodness, righteousness, and truth)

Bears witness that you're God's child

Romans 8:15-17 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Through Christ we have access by one Spirit to the Father

Ephesians 2:18 For through Him we both have access by one Spirit to the Father.

We know Jesus abides in us through His Spirit

1 John 3:24 Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.

Makes known the things freely given to us by God

1 Corinthians 2:12 Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.

Baptizes you into one body

1 Corinthians 12:13 For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit.

Distributes gifts individually as He wills

1 Corinthians 12:11 But one and the same Spirit works all these things, distributing to each one individually as He wills.

Leads you

Romans 8:14 For as many as are led by the Spirit of God, these are sons of God.

Strengthens you

Ephesians 3:16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man

Empowers you to be a witness

Acts 1:8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.

Enables you to speak with boldness

Acts 4:31 And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Helps you keep what was committed to you

2 Timothy 1:14

That good thing which was committed to you, keep by the Holy Spirit who dwells in us.

Helps you speak

Matthew 10:19-20 But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; for it is not you who speak, but the Spirit of your Father who speaks in you.

Acts 6:9-10 Then there arose some from what is called the Synagogue of the Freedmen (Cyrenians, Alexandrians, and those from Cilicia and Asia), disputing with Stephen. And they were not able to resist the wisdom and the Spirit by which he spoke.

Can refrain you

Acts 16:7b ..they tried to go into Bithynia, but the Spirit did not permit them.

Justifies you

1 Corinthians 6:11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

Sanctifies you

2 Thessalonians 2:13 But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God from the beginning chose you for salvation through sanctification by the Spirit and belief in the truth

Renews you

Titus 3:5 not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit

Saves you

Philippians 1:19 For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ

Seals you

Ephesians 4:30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Invites you

Revelation 22:17 And the Spirit and the bride say, "Come!" And let him who hears say, "Come!" And let him who thirsts come. Whoever desires, let him take the water of life freely.

When you feel condemned and need God's forgiveness

1 John 2:1 My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Isaiah 1:18 "Come now, and let us reason together," Says the Lord, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.

Isaiah 43:25 "I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.

Isaiah 44:22 I have blotted out, like a thick cloud, your transgressions, And like a cloud, your sins. Return to Me, for I have redeemed you."

Isaiah 55:6-7 Seek the Lord while He may be found, Call upon Him while He is near. Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the Lord, And He will have mercy on him; And to our God, For He will abundantly pardon.

Micah 7:18-19

Who is a God like You, Pardoning iniquity And passing over the transgression of the remnant of His heritage? He does not retain His anger forever, Because He delights in mercy. He will again have compassion on us, And will subdue our iniquities. You will cast all our sins Into the depths of the sea.

Psalms 103:12-14 As far as the east is from the west, So far has He removed our transgressions from us. As a father pities his children, So the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust.

Romans 8:1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

1 John 3:19-20

And by this we know that we are of the truth, and shall assure our hearts before Him. For if our heart condemns us, God is greater than our heart, and knows all things.

Mark 2:17 When Jesus heard it, He said to them, "Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentance."

John 8:10-11 10 When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?" She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more."

John 6:37 All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out.

Zachariah 3:1-5 Then he showed me Joshua the high priest standing before the Angel of the Lord, and Satan standing at his right hand to oppose him. And the Lord said to Satan, "The Lord rebuke you, Satan! The Lord who has chosen Jerusalem rebuke you! Is this not a brand plucked from the fire?"

Now Joshua was clothed with filthy garments, and was standing before the Angel. Then He answered and spoke to those who stood before Him, saying, "Take away the filthy garments from him." And to him He said, "See, I have removed your iniquity from you, and I will clothe you with rich robes." And I said, "Let them put a clean turban on his head." So they put a clean turban on his head, and they put the clothes on him. And the Angel of the Lord stood by.

When you feel angry and resentful

Jonah 4:4 Then the Lord said, "Is it right for you to be angry?"

Ephesians 4:26-27

"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.

Psalms 37:8 Cease from anger, and forsake wrath; Do not fret—it only causes harm.

Romans 12:19-21 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.

Proverbs 24:17-18 Do not rejoice when your enemy falls, and do not let your heart be glad when he stumbles; Lest the Lord see it, and it displease Him, and He turn away His wrath from him.

Luke 6:37 Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.

1 John 5:16a If you see any brother or sister commit a sin that does not lead to death, you should pray and God will give them life....

Matthew 18:15 Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

Luke 17:4 And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him.

Matthew 6:14-15

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Colossians 3:12-13 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

Proverbs 17:9 He who covers a transgression seeks love, but he who repeats a matter separates friends.

1 Corinthians 13:4-5 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil;

1 John 2:10-11 He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes.

1 John 4:20 If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?

1 John 3:15 Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

Matthew 5:21-24

You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire. Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Proverbs 14:29 He who is slow to wrath has great understanding, But he who is impulsive exalts folly.

James 1:19-20 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

Proverbs 17:27

He who has knowledge spares his words, and a man of understanding is of a calm spirit.

Proverbs 12:16 A fool's wrath is known at once, But a prudent man covers shame.

Proverbs 29:11 A fool vents all his feelings, But a wise man holds them back.

Proverbs 15:18 A wrathful man stirs up strife, But he who is slow to anger allays contention.

Proverbs 16:32 He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

Ecclesiastes 7:9 Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

Proverbs 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.

Proverbs 14:16-17 A wise man fears and departs from evil, But a fool rages and is self-confident. A quick-tempered man acts foolishly, and a man of wicked intentions is hated.

Proverbs 29:22 An angry man stirs up strife, And a furious man abounds in transgression.

Colossians 3:8 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

Ephesians 4:29-32 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Psalms 34:13-14 Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; Seek peace and pursue it.

Hebrews 12:14-15 Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled

1 Peter 3:8-9 Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

1 Peter 2:1-2 Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby

Repentance and A New Heart

God's Promises for the backsliding

Jeremiah 3:22a “Return, you backsliding children, And I will heal your backslidings.”...

Hosea 14:4

I will heal their backsliding, I will love them freely, For My anger has turned away from him.

The Gift of Repentance

Acts 5:30-31

The God of our fathers raised up Jesus whom you murdered by hanging on a tree. Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins.

Romans 2:4 Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?

Prayers of Repentance

Psalms 139:23-24 Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.

Psalms 51:10-13 Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence, And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. Then I will teach transgressors Your ways, And sinners shall be converted to You.

Hosea 14:2-3 Say to Him, “Take away all iniquity; Receive us graciously, For we will offer the sacrifices of our lips. Assyria [or any power of man] shall not save us, we will not ride on horses [vehicles of war], nor will we say anymore to the work of our hands, ‘You are our gods.’ For in You the fatherless finds mercy.”

The Gift of a New Heart

Ezekiel 36:26 I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

Ezekiel 11:19 Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh

Jeremiah 24:7 I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.

A Heart Filled With Love

Romans 5:5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

1 John 3:14 We know that we have passed from death to life, because we love the brethren. He who does not love his brother abides in death.

Enmity Against Sin

Genesis 3:15 And I will put enmity Between you and the woman, And between your seed and her Seed; He shall bruise your head, And you shall bruise His heel.

Psalms 119:128

Therefore all Your precepts concerning all things I consider to be right; I hate every false way.

Salvation and Deliverance

"Supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth." 1 Timothy 2:1-4. "This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief." 1 Timothy 1:15

"If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free... Therefore if the Son makes you free, you shall be free indeed." John 8:31-32, 36. "The Spirit of the Lord is upon Me, because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives and recovery of sight to the blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the Lord." Luke 4:18-19. "Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." Psalm 50:15. "Even to your old age,... I will carry, and will deliver you." Isaiah 46:4. "Look to Me, and be saved...." Isaiah 45:22a. "I, even I, am the Lord, and besides Me there is no savior." Isaiah 43:11.

"Even the captives of the mighty shall be taken away, and the prey of the terrible be delivered; For I will contend with him who contends with you, and I will save your children." Isaiah 49:25 "Refrain your voice from weeping, And your eyes from tears; For your work shall be rewarded, says the Lord, And they shall come back from the land of the enemy. There is hope in your future, says the Lord, that your children shall come back to their own border." Jeremiah 31:16-17. "And I will give them an heart to know me, that I am the Lord: and they shall be my people, and I will be their God: for they shall return unto me with their whole heart." Jeremiah 24:7

"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit." Psalm 34:18. "Godly sorrow produces repentance leading to salvation" 2 Corinthians 7:10a. "The Lord knows how to deliver the godly out of temptations..." 2 Peter 2:9a. "With the heart one believes unto righteousness, and with the mouth confession is made unto salvation." Romans 10:10.

"Many are the afflictions of the righteous, but the Lord delivers him out of them all." Psalm 34:19. "The righteous cry out, and the Lord hears, and delivers them out of all their troubles." "The salvation of the righteous is from the Lord; He is their strength in the time of trouble. And the Lord shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him." Psalms 37:39-40.

"The angel of the Lord encamps all around those who fear Him, and delivers them. " Psalm 34:7. "This poor man cried out, and the Lord heard him, and saved him out of all his troubles." Psalm 34:6. "Surely He shall deliver you from the snare of the fowler and from the perilous pestilence." Psalm 34:4. "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." Romans 10:9. "Believe on the Lord Jesus Christ, and you will be saved, you and your household." Acts 16:31.

"And it shall come to pass that whoever calls on the name of the Lord Shall be saved." Acts 2:21. "You shall call His name Jesus, for He will save His people from their sins." Matthew 1:21. "Behold, the Lord's hand is not shortened, That it cannot save; nor His ear heavy, That it cannot hear." Isaiah 59:1. "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved." Acts 4:12. "Our help is in the name of the Lord, Who made heaven and earth." Psalm 124:8

"I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice. He has redeemed my soul in peace from the battle that was against me, for there were many against me." Psalm 55:16-18. "The horse is prepared for the day of battle, but deliverance is of the Lord." Proverbs 21:31. "And the Lord will deliver me from every evil work and preserve me for His heavenly kingdom." 2 Timothy 4:18. "Not by might nor by power, but by My Spirit, Says the Lord of hosts." Zechariah 4:6. "When the enemy comes in like a flood, The Spirit of the Lord will lift up a standard against him." Isaiah 59:19.

"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit." Romans 8:1-4. "Forasmuch then as the children are partakers of flesh and blood, [Christ] also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; and deliver them who through fear of death were all their lifetime subject to bondage." Hebrews 2:14-15

"Let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation". 1 Thessalonians 5:8. "This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.... Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them." Hebrews 6:19-20, 7:25

"It is good that one should hope and wait quietly For the salvation of the Lord." Lamentations 3:26. "I waited patiently for the Lord; and He inclined to me, And heard my cry. He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps. He has put a new song in my mouth— Praise to our God; Many will see it and fear, and will trust in the Lord." Psalm 40:1-3. "I sought the Lord, and He heard me, and delivered me from all my fears." Psalm 91:3. "Now I know that the Lord saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand." Psalm 20:6

"Let the redeemed of the Lord say so, Whom He has redeemed from the hand of the enemy, and gathered out of the lands, From the east and from the west, From the north and from the south. They wandered in the wilderness in a desolate way; They found no city to dwell in. Hungry and thirsty, Their soul fainted in them. Then they cried out to the Lord in their trouble, and He delivered them out of their distresses. And He led them forth by the right way, that they might go to a city for a dwelling place. Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! For He satisfies the longing soul, and fills the hungry soul with goodness." Psalm 107:2-9

"Fools, because of their transgression, And because of their iniquities, were afflicted. Their soul abhorred all manner of food, and they drew near to the gates of death. Then they cried out to the Lord in their trouble, and He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions. Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men!" Psalm 107:17-21

"Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's." Psalm 103:1-5

"And [Jahaziel] said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the Lord to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's... You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the Lord, who is with you, O Judah and Jerusalem!' Do not fear or be dismayed; tomorrow go out against them, for the Lord is with you... Now when they began to sing and to praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated." 2 Chronicles 20:15, 17, 22.

"[Lord] You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah" Psalm 32:7

When going through trials

Isaiah 43:2

When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.

"Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy. If you are reproached for the name of Christ, blessed are you, for the Spirit of glory and of God rests upon you. On their part He is blasphemed, but on your part He is glorified." 1 Peter 4:12-14

"Do not be overcome by evil, but overcome evil with good." Romans 12:21 "For this is the will of God, that by doing good you may put to silence the ignorance of foolish men—as free, yet not using liberty as a cloak for vice, but as bondservants of God." 1 Peter 2:15-16. "For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God. For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: "Who committed no sin, Nor was deceit found in His mouth"; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously; who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed. For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls." 1 Peter 2:20-25

"My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." James 1:2-5

"In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, whom having

not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls." 1 Peter 1:6-9

Romans 8:18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

When feeling tempted

"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." Matthew 26:41. "Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." 1 Corinthians 10:12-13

"Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death." James 1:12-25

When Discouraged

"Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved." Psalm 55:22. "For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin." Hebrews 12:3. "Be of good courage, and He shall strengthen your heart, all you who hope in the Lord." Psalm 31:24. "Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!" Psalm 27:14

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Galatians 6:9. "But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint." Isaiah 40:31. "I can do all things through Christ who strengthens me." Philippians 4:13.

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ" Philippians 1:6. "For it is God who works in you both to will and to do for His good pleasure." Philippians 2:13. "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:10. "Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:13-14

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9. "For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." Romans 8:38-39

"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." 2 Corinthians 4:16-18

"For the people shall dwell in Zion at Jerusalem; You shall weep no more. He will be very gracious to you at the sound of your cry; When He hears it, He will answer you. And though the Lord gives you The bread of adversity and the water of affliction, Yet your teachers will not be moved into a corner anymore, But your eyes shall see your teachers. Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand Or whenever you turn to the left." Isaiah 30:19-21.

"As one whom his mother comforts, so I will comfort you" Isaiah 66:13a. "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God." 2 Corinthians 1:3-4. "Rejoice with them that do rejoice, and weep with them that weep" Romans 12:15

When you feel depressed

Psalm 22:1-3 My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning? O My God, I cry in the daytime, but You do not hear; And in the night season, and am not silent. But You are holy, enthroned in the praises of Israel.

Psalm 42:5 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

Psalm 34:18a The Lord is near to those who have a broken heart...

Psalm 56:8 You number my wanderings; Put my tears into Your bottle; Are they not in Your book?

Psalm 30:5b...Weeping may endure for a night, But joy comes in the morning.

Isaiah 53:4-5 Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

Proverbs 12:25 Anxiety in the heart of man causes depression, but a good word makes it glad.

Job 1:21 And he said: "Naked I came from my mother's womb, and naked shall I return there. The Lord gave, and the Lord has taken away; Blessed be the name of the Lord."

When don't feel like living anymore

God doesn't want you to die

Ecclesiastes 7:17b Why should you die before your time?

Ezekiel 33:11 Say to them: 'As I live,' says the Lord God, 'I have no pleasure in the death of the wicked, but that the wicked turn from his way and live. Turn, turn from your evil ways! For why should you die, O house of Israel?'

God sent Jesus to die so you don't have to

Romans 5:8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

John 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Jesus bore your griefs and sorrows

Isaiah 53:4 Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted.

The Lord is near those of a broken heart

Psalms 34:18 The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

God cares for you

1 Peter 5:7 casting all your care upon Him, for He cares for you.

You belong to God

Isaiah 43:1

But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine.

God will give you strength to go on

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.

There's still hope, let God pour His love into your heart

Romans 5:5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

Nothing can separate you from God's love

Romans 8:38-39 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

The Lord will neither leave you nor forsake you

Deuteronomy 31:8 And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.

Your hope and future is found in God

Jeremiah 29:11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Take your focus off yourself and live for Jesus

2 Corinthians 5:15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.

You live for Jesus by helping others who are in need

Matthew 25:38-40

When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

Why life is worth living: To declare the works of the Lord

Psalms 118:17 I shall not die, but live, and declare the works of the Lord

Accept the life found in Jesus

John 10:10b ...I have come that they may have life, and that they may have it more abundantly.

1 John 5:11

And this is the testimony: that God has given us eternal life, and this life is in His Son.

Consider yourself dead to sin, but alive to God

Romans 6:11 Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.

Newness of life

Romans 6:3-4 Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

Free from the law of sin and death to serve in the newness of the Spirit

Romans 8:1-2 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

Romans 7:5-6 For when we were in the flesh, the sinful passions which were aroused by the law were at work in our members to bear fruit to death. But now we have been delivered from the law, having died to what we were held by, so that we should serve in the newness of the Spirit and not in the oldness of the letter.

Live by the Spirit

Romans 8:13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

Keep your life hid in Christ

Colossians 3:1-4 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory.

When you feel lonely

Isaiah 57:15 For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.

Psalms 34:18 The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

Psalms 145:18-19 The Lord is near to all who call upon Him, To all who call upon Him in truth. He will fulfill the desire of those who fear Him; He also will hear their cry and save them.

Jeremiah 1:19 They will fight against you, but they shall not prevail against you. For I am with you," says the Lord, "to deliver you."

Psalms 46:1, 11 God is our refuge and strength, a very present help in trouble.. The Lord of hosts is with us; The God of Jacob is our refuge. Selah

Deuteronomy 31:6 Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

Deuteronomy 1:30-31 The Lord your God, who goes before you, He will fight for you, according to all He did for you in Egypt before your eyes, and in the wilderness where you saw how the Lord your God carried you, as a man carries his son, in all the way that you went until you came to this place.

Isaiah 40:11 He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young.

Isaiah 42:6-7 I, the Lord, have called you in righteousness, and will hold your hand; I will keep You and give you as a covenant to the people, as a light to the Gentiles, to open blind eyes, to bring out prisoners from the prison, those who sit in darkness from the prison house.

Isaiah 41:10, 13 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand... For I, the Lord your God, will hold your right hand, saying to you, 'Fear not, I will help you.

Joshua 1:5 No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you.

Isaiah 43:2 When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.

Exodus 33:14 And He said, "My Presence will go with you, and I will give you rest."

Deuteronomy 4:31 (for the Lord your God is a merciful God), He will not forsake you nor destroy you, nor forget the covenant of your fathers which He swore to them.

Psalms 94:14 For the Lord will not cast off His people, Nor will He forsake His inheritance.

Isaiah 49:15-16 “Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, Yet I will not forget you. See, I have inscribed you on the palms of My hands; Your walls are continually before Me.

Isaiah 46:4 Even to your old age, I am He, And even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you.

Psalms 27:10 When my father and my mother forsake me, Then the Lord will take care of me.

Psalms 103:13 As a father pities his children, So the Lord pities those who fear Him.

John 14:23 Jesus answered and said to him, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

Romans 8:38-39 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

John 14:15-18 If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.

John 14:26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

Luke 11:13 If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!” Luke 11:13

John 15:26-27 But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. And you also will bear witness, because you have been with Me from the beginning.

Matthew 24:14 And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.

Matthew 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.

Isaiah 43:4 Since you were precious in My sight, You have been honored, And I have loved you; Therefore I will give men for you, And people for your life.

Hebrews 10:23-25 Let us hold fast the confession of our hope without wavering, for He who promised is faithful. And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (also see Ephesians 5:18-21)

Proverbs 27:17 As iron sharpens iron, So a man sharpens the countenance of his friend.

Proverbs 11:14

Where there is no counsel, the people fall; But in the multitude of counselors there is safety.

Genesis 2:18a And the Lord God said, “It is not good that man should be alone...”

Luke 10:1 After these things the Lord appointed seventy others also, and sent them two by two before His face into every city and place where He Himself was about to go.

Matthew 18:20

For where two or three are gathered together in My name, I am there in the midst of them.

When struggling with sinful habits

Abide in the Word and the truth will set you free

John 8:31b-32 "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

Keep God's Word In Your Heart

Psalms 119:9-11 How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, That I might not sin against You.

Psalms 119:133 Direct my steps by Your word, and let no iniquity have dominion over me.

Proverbs 6:23-26 For the commandment is a lamp, and the law a light; Reproofs of instruction are the way of life, To keep you from the evil woman, from the flattering tongue of a seductress. Do not lust after her beauty in your heart, Nor let her allure you with her eyelids. For by means of a harlot a man is reduced to a crust of bread; And an adulteress will prey upon his precious life.

Live by God's every word

Matthew 4:4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

Purpose in your heart

Daniel 1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

Set nothing wicked before your eyes

Psalms 101:3 I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me.

Job 31:1

I have made a covenant with my eyes; Why then should I look [lustfully] upon a young woman?

Genesis 39:9b ...How then can I do this great wickedness, and sin against God?

Sexual immorality is like playing with fire

Proverbs 6:27-29 Can a man take fire to his bosom, And his clothes not be burned? Can one walk on hot coals, And his feet not be seared? So is he who goes in to his neighbor's wife; Whoever touches her shall not be innocent.

Shun all ungodly influences and vile media from your life

Numbers 33:52 then you shall drive out all the inhabitants of the land from before you, destroy all their engraved stones, destroy all their molded images, and demolish all their high places

Deliverance and victory comes through Jesus Christ

Romans 7:24-25a O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord!

1 Corinthians 15:56-57 The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Behold Jesus and you're sins will be taken away

John 1:29 The next day John saw Jesus coming toward him, and said, "Behold! The Lamb of God who takes away the sin of the world!"

Help found in God's throne of grace

Hebrews 4:15-16 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Reckon yourself to sin, but alive to God

Romans 6:11 Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.

God's grace keeps sin from having dominion over you

Romans 6:14 For sin shall not have dominion over you, for you are not under law but under grace.

Be vigilant, submit to God, resist the devil

1 Peter 5:8-9 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

James 4:7 Therefore submit to God. Resist the devil and he will flee from you.

With every temptation, God provides a way of escape

1 Corinthians 10:13 No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

Choose to who you will serve

Joshua 24:15 "And if it seems evil to you to serve the Lord, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord."

God works in you, giving you the power to serve Him

Philippians 2:13 for it is God who works in you both to will and to do for His good pleasure.

Flee lusts, but pursue the Spirit's fruit with those who call on the Lord (in prayer)

2 Timothy 2:22 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Your body is a temple for God's Spirit

1 Corinthians 6:18-19 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

Walk in the Spirit and you won't fulfill the lust of the flesh

Galatians 5:16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh

Romans 8:13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

Life and peace found in being spiritually minded

Romans 8:6 For to be carnally minded is death, but to be spiritually minded is life and peace.

Bring every thought into captivity to the obedience of Christ

2 Corinthians 10:4-5 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

Arm yourself with the mind of Christ

1 Peter 4:1-2 Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin, that he no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God.

Purified by the hope

1 John 3:2-3 Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. And everyone who has this hope in Him purifies himself, just as He is pure.

God will preserve you blameless

1 Thessalonians 5:23-24 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it.

God's precious promises

2 Peter 1:2-4 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

For Troubled Minds

God wants us to have sound minds

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Pray for God's Guidance

Romans 8:26

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

John 16:13

However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.

James 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Instead of worrying about everything, pray about everything

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus

Think on God's thoughts revealed in His Word

Isaiah 55:7-8 Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the Lord, And He will have mercy on him; And to our God, For He will abundantly pardon. "For My thoughts are not your thoughts, nor are your ways My ways," says the Lord.

Jeremiah 29:11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

John 8:31b-32 "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

Psalms 107:20 He sent His word and healed them, and delivered them from their destructions.

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Consider how Jesus was treated

Hebrews 12:2-4 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin.

By His Stripes We Are Healed

Isaiah 53:5 But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

God's word heals

Psalms 107:20

He sent His word and healed them, and delivered them from their destructions.

God heals the broken heart

Psalms 147:3 He heals the brokenhearted and binds up their wounds.

Don't condemn yourself or anyone else, the accuser of our brethren has been cast out

Romans 8:1 There is therefore now no condemnation to those who are in Christ Jesus, who[a] do not walk according to the flesh, but according to the Spirit.

Revelation 12:10-11 Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down. And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.

Confess your faults and pray for one another

James 5:16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much

Accept God's forgiveness for yourself and others

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Matthew 9:2 Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you."

Mark 11:25-26 "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses."

Music and Emotional Health

1 Samuel 16:23 And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him.

A Merry Heart and Wholesome Tongue (Healthy talk, can also be applied to your thoughts)

Proverbs 17:22 A merry heart does good, like medicine, But a broken spirit dries the bones.

Proverbs 15:4 A wholesome tongue is a tree of life, But perverseness in it breaks the spirit.

When you're worried and need peace

John 14:1-2, 23, 26-27 Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you... If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him... But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

Matthew 10:19-20 But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; for it is not you who speak, but the Spirit of your Father who speaks in you.

Luke 21:14-15

Therefore settle it in your hearts not to meditate beforehand on what you will answer; for I will give you a mouth and wisdom which all your adversaries will not be able to contradict or resist.

Psalms 55:22 Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved.

1 Peter 5:7 casting all your care upon Him, for He cares for you.

Matthew 6:25-34 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”

“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Luke 10:38-42 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

Mark 6:31a And He said to them, “Come aside by yourselves to a deserted place and rest a while.”

Exodus 33:14 And He said, “My Presence will go with you, and I will give you rest.”

Matthew 11:28-30 Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Philippians 4:6-8 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Psalms 16:8 I have set the Lord always before me; Because He is at my right hand I shall not be moved.

Isaiah 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

2 Peter 1:2 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord

1 Corinthians 14:33

For God is not the author of confusion but of peace, as in all the churches of the saints.

James 3:16-18 For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace.

Romans 8:6 For to be carnally minded is death, but to be spiritually minded is life and peace.

Isaiah 48:18 Oh, that you had heeded My commandments! Then your peace would have been like a river, And your righteousness like the waves of the sea.

Psalms 119:165 Great peace have those who love Your law, and nothing causes them to stumble.

Romans 5:1

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

Colossians 1:19-23 19 For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made

peace through the blood of His cross. And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight— if indeed you continue in the faith, grounded and steadfast, and are not moved away from the hope of the gospel which you heard, which was preached to every creature under heaven, of which I, Paul, became a minister.

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Colossians 3:15 And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

Isaiah 26:12 Lord, You will establish peace for us, For You have also done all our works in us.

2 Corinthians 13:11 Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you.

Psalms 94:19 In the multitude of my anxieties within me, Your comforts delight my soul.

Psalms 4:8 I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.

2 Corinthians 1:3-4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

Proverbs 12:25 Anxiety in the heart of man causes depression, but a good word makes it glad.

When you feel scared

Proverbs 29:25 The fear of man brings a snare, but whoever trusts in the Lord shall be safe.

Jeremiah 1:8 Do not be afraid of their faces, For I am with you to deliver you,” says the Lord.

“I, even I, am He who comforts you. Who are you that you should be afraid of a man who will die, and of the son of a man who will be made like grass And you forget the Lord your Maker, Who stretched out the heavens and laid the foundations of the earth...” Isaiah 51:12-13a

"But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you." Isaiah 43:1-3.

"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.. Behold, all those who were incensed against you shall be ashamed and disgraced; they shall be as nothing... you shall seek them and not find them.... For I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’" Isaiah 41:10-13. "No weapon formed against you shall prosper, And every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me,” Says the Lord. Isaiah 54:17

"Do not fear, for you will not be ashamed; Neither be disgraced, for you will not be put to shame; For you will forget the shame of your youth, And will not remember the reproach of your widowhood anymore. For your Maker is your husband, The Lord of hosts is His name; And your Redeemer is the Holy One of Israel; He is called the God of the whole earth." Isaiah 54:4-5

Deuteronomy 1:29-31 “Then I said to you, ‘Do not be terrified, or afraid of them. The Lord your God, who goes before you, He will fight for you, according to all He did for you in Egypt before your eyes,

and in the wilderness where you saw how the Lord your God carried you, as a man carries his son, in all the way that you went until you came to this place.’

Joshua 1:5 No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you

Joshua 1:9 Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

John 14:27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

1 John 4:17-18 Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

John 15:9. As the Father loved Me, I also have loved you; abide in My love.

Romans 8:35-39 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written: “For Your sake we are killed all day long; We are accounted as sheep for the slaughter.” Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Romans 8:31 What then shall we say to these things? If God is for us, who can be against us?

Hebrews 13:6 So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”

Psalms 27:1 The Lord is my light and my salvation; Whom shall I fear?

The Lord is the strength of my life; Of whom shall I be afraid?

Psalms 118:6 The Lord is on my side; I will not fear. What can man do to me?

Psalms 56:3-5 Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me? All day they twist my words; All their thoughts are against me for evil.

Psalms 23:4-5 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

Romans 8:15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Proverbs 3:21-26 My son, let them not depart from your eyes— Keep sound wisdom and discretion; So they will be life to your soul And grace to your neck. Then you will walk safely in your way, And your foot will not stumble. When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet. Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; For the Lord will be your confidence, And will keep your foot from being caught.

Job 11:13-20 “If you would prepare your heart, And stretch out your hands toward Him; If iniquity were in your hand, and you put it far away, And would not let wickedness dwell in your tents; Then surely you could lift up your face without spot; Yes, you could be steadfast, and not fear; Because you would forget your misery, And remember it as waters that have passed away, And your life would be brighter than noonday. Though you were dark, you would be like the morning. And you would be secure, because there is hope; Yes, you would dig around you, and take your rest in safety. You would also lie down, and no one would make you afraid; Yes, many would court your favor. But the eyes of the wicked will fail, And they shall not escape, And their hope—loss of life!”

Psalm 91:3-11 Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways.

Luke 12:11-12 “Now when they bring you to the synagogues and magistrates and authorities, do not worry about how or what you should answer, or what you should say. For the Holy Spirit will teach you in that very hour what you ought to say.”

Matthew 10:28-31 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell. Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father’s will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.

Luke 21:25-28 25

“And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken. Then they will see the Son of Man coming in a cloud with power and great glory. Now when these things begin to happen, look up and lift up your heads, because your redemption draws near.”

Psalm 34:7 The angel of the Lord encamps all around those who fear Him, and delivers them.

Psalm 34:4 I sought the Lord, and He heard me, And delivered me from all my fears.

When you feel confused

1 Corinthians 14:33

For God is not the author of confusion but of peace, as in all the churches of the saints.

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

James 3:16-18 For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace.

James 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Deuteronomy 29:29 The secret things belong to the Lord our God, but those things which are revealed belong to us and to our children forever, that we may do all the words of this law.

Isaiah 8:20 To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them.

John 8:31-32 ...If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.

John 12:46

I have come as a light into the world, that whoever believes in Me should not abide in darkness.

Psalms 119:105 Your word is a lamp to my feet and a light to my path.

Proverbs 3:5-6 Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.

Isaiah 55:8 "For My thoughts are not your thoughts, nor are your ways My ways," says the Lord.

Jeremiah 29:11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

When you need guidance

Psalms 25:4-5 Show me Your ways, O Lord; Teach me Your paths. Lead me in Your truth and teach me, For You are the God of my salvation; On You I wait all the day.

Psalms 27:11 Teach me Your way, O Lord, and lead me in a smooth path, because of my enemies.

1 Peter 2:21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps

Psalms 23 The Lord is my shepherd; I shall not want. He makes me to lie down in [b]green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord forever.

Isaiah 42:16 I will bring the blind by a way they did not know; I will lead them in paths they have not known. I will make darkness light before them, and crooked places straight. These things I will do for them, and not forsake them.

Psalms 32:8 I will instruct you and teach you in the way you should go; I will guide you with My eye.

Matthew 11:29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Psalms 25:8-12 Good and upright is the Lord; Therefore He teaches sinners in the way. The humble He guides in justice, and the humble He teaches His way. All the paths of the Lord are mercy and truth, To such as keep His covenant and His testimonies. For Your name's sake, O Lord, Pardon my iniquity, for it is great. Who is the man that fears the Lord? Him shall He teach in the way He chooses.

Proverbs 3:5-6 Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.

Psalms 119:104-105 Through Your precepts I get understanding; Therefore I hate every false way. Your word is a lamp to my feet and a light to my path.

Psalms 16:11 You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Isaiah 30:21 Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand Or whenever you turn to the left.

Psalms 37:5-6 Commit your way to the Lord, Trust also in Him, and He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noonday.

Proverbs 16:3 Commit your works to the Lord, and your thoughts will be established.

Proverbs 16:9 A man's heart plans his way, but the Lord directs his steps.

Proverbs 2:8 He guards the paths of justice, and preserves the way of His saints.

Psalms 73:24 You will guide me with Your counsel, and afterward receive me to glory.

Psalms 138:8 (ESV) The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

Philippians 1:6 being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ

Philippians 2:13 For it is God which worketh in you both to will and to do of his good pleasure.

When you need wisdom

Psalms 119:99-100 I have more understanding than all my teachers, For Your testimonies are my meditation. I understand more than the ancients, because I keep Your precepts.

Deuteronomy 28:13 And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them.

Luke 6:40

A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher.

James 1:5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

Proverbs 2:3-6 Yes, if you cry out for discernment, And lift up your voice for understanding, If you seek her as silver, And search for her as for hidden treasures; Then you will understand the fear of the Lord, And find the knowledge of God. For the Lord gives wisdom; From His mouth come knowledge and understanding

1 Kings 3:11-12 Then God said to him: "Because you have asked this thing, and have not asked long life for yourself, nor have asked riches for yourself, nor have asked the life of your enemies, but have asked for yourself understanding to discern justice, behold, I have done according to your words; see, I have given you a wise and understanding heart, so that there has not been anyone like you before you, nor shall any like you arise after you.

Isaiah 54:13

All your children shall be taught by the Lord, And great shall be the peace of your children.

God will help you speak

Exodus 4:11-12 So the Lord said to him, "Who has made man's mouth? Or who makes the mute, the deaf, the seeing, or the blind? Have not I, the Lord? Now therefore, go, and I will be with your mouth and teach you what you shall say.

Luke 21:15 for I will give you a mouth and wisdom which all your adversaries will not be able to contradict or resist.

Luke 12:12 For the Holy Spirit will teach you in that very hour what you ought to say.

Isaiah 50:4 The Lord God has given Me The tongue of the learned, That I should know how to speak A word in season to him who is weary. He awakens Me morning by morning, He awakens My ear To hear as the learned.

God's care and protection

God won't forget you, we're inscribed in His hands

Isaiah 49:15-16 Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, Yet I will not forget you. See, I have inscribed you on the palms of My hands; Your walls are continually before Me.

God will uphold you with His hand

Isaiah 41:10, 13 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand... For I, the Lord your God, will hold your right hand, saying to you, Fear not, I will help you.

Psalms 37:23-24 The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; For the Lord upholds him with His hand.

God will lead you by His hand

Psalm 139:9-10 If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me.

Nobody can snatch you from His hand

John 10:27-29 My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand.

God upholds you, keeping you from falling

Psalm 145:14 The Lord upholds all who fall, and raises up all who are bowed down.

Psalms 17:5 Uphold my steps in Your paths, That my footsteps may not slip.

Psalm 94:18 If I say, "My foot slips," Your mercy, O Lord, will hold me up.

Psalm 121:3 He will not allow your foot to be moved; He who keeps you will not slumber.

Jude 1:24-25 Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen.

God will carry you

Isaiah 40:11 He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young.

Isaiah 46:4 Even to your old age, I am He, and even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you.

Deuteronomy 1:30-31 The Lord your God, who goes before you, He will fight for you, according to all He did for you in Egypt before your eyes, and in the wilderness where you saw how the Lord your God carried you, as a man carries his son, in all the way that you went until you came to this place.

God will cover you with His feathers

Psalm 91:3-6 Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.

God will keep and preserve you

Isaiah 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

Psalm 91:9-11 Because you have made the Lord, who is my refuge, even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, to keep you in all your ways.

Exodus 23:20 Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared.

Isaiah 42:6 I, the Lord, have called you in righteousness, and will hold your hand; I will keep you and give you as a covenant to the people, as a light to the Gentiles

Proverbs 3:25-26 Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; For the Lord will be your confidence, and will keep your foot from being caught.

Psalm 116:6 The Lord preserves the simple; I was brought low, and He saved me.

Proverbs 2:8 He guards the paths of justice, and preserves the way of His saints.

Psalm 31:23 Oh, love the Lord, all you His saints! For the Lord preserves the faithful, And fully repays the proud person.

Psalm 97:10 You who love the Lord, hate evil! He preserves the souls of His saints; He delivers them out of the hand of the wicked.

Psalm 37:28 For the Lord loves justice, and does not forsake His saints; They are preserved forever, But the descendants of the wicked shall be cut off.

Psalm 121 I will lift up my eyes to the hills— From whence comes my help? My help comes from the Lord, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel Shall neither slumber nor sleep. The Lord is your keeper; The Lord is your shade at your right hand. The sun shall not strike you by day, Nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in From this time forth, and even forevermore.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

1 Thessalonians 5:23-24 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it.

1 Peter 1:3-5 Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time.

2 Timothy 4:18 And the Lord will deliver me from every evil work and preserve me for His heavenly kingdom. To Him be glory forever and ever. Amen!

2 Timothy 1:12

For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day.

Isaiah 59:19

So shall they fear The name of the Lord from the west, And His glory from the rising of the sun; When the enemy comes in like a flood, The Spirit of the Lord will lift up a standard against him.

Psalm 34:7 The angel of the Lord encamps all around those who fear Him, and delivers them.

Isaiah 54:17 No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me,” Says the Lord.

When you are in need

Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Deuteronomy 8:18 And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day.

Isaiah 48:17 Thus says the Lord, your Redeemer, The Holy One of Israel: “I am the Lord your God, Who teaches you to profit, Who leads you by the way you should go.

Malachi 3:10 Bring all the tithes into the storehouse, That there may be food in My house, And try Me now in this,” Says the Lord of hosts, “If I will not open for you the windows of heaven And pour out for you such blessing That there will not be room enough to receive it.

Proverbs 11:24-25 There is one who scatters, yet increases more; and there is one who withholds more than is right, But it leads to poverty. The generous soul will be made rich, and he who waters will also be watered himself.

Luke 6:38

Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.

2 Corinthians 9:6-8 But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.

Matthew 19:29 And everyone who has left houses or brothers or sisters or father or mother or wife or children or lands, for My name's sake, shall receive a hundredfold, and inherit eternal life.

Matthew 6:31-33 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Psalms 23:1 The Lord is my shepherd; I shall not want.

Isaiah 40:11 He will feed His flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young.

Psalms 22:26 The poor shall eat and be satisfied; Those who seek Him will praise the Lord. Let your heart live forever!

Psalms 34:10

The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing.

Psalms 84:11 For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly.

Psalms 37:25-26 I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread. He is ever merciful, and lends; and his descendants are blessed.

Isaiah 33:16 He will dwell on high; His place of defense will be the fortress of rocks; Bread will be given him, His water will be sure.

Isaiah 41:17-18 The poor and needy seek water, but there is none, Their tongues fail for thirst. I, the Lord, will hear them; I, the God of Israel, will not forsake them. I will open rivers in desolate heights, and fountains in the midst of the valleys; I will make the wilderness a pool of water, And the dry land springs of water.

Psalms 140:12 I know that the Lord will maintain The cause of the afflicted, and justice for the poor.

Psalms 72:12-13 For He will deliver the needy when he cries, The poor also, and him who has no helper. He will spare the poor and needy, And will save the souls of the needy.

Philippians 4:11-13 Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.

Philippians 4:19

And my God shall supply all your need according to His riches in glory by Christ Jesus.

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Matthew 7:7

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Matthew 7:11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

James 1:17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

Psalms 37:7 Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.

3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ

When you need a job

Proverbs 21:1

The king's heart is in the hand of the Lord, Like the rivers of water; He turns it wherever He wishes.

Psalm 75:6-7 For exaltation comes neither from the east nor from the west nor from the south. But God is the Judge: He puts down one, and exalts another.

When you need healing

God promises healing

Malachi 4:2 But to you who fear My name The Sun of Righteousness shall arise With healing in His wings; And you shall go out And grow fat like stall-fed calves.

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

Jeremiah 33:6 Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.

Jeremiah 30:17 For I will restore health to you and heal you of your wounds,' says the Lord, 'Because they called you an outcast saying: "This is Zion; No one seeks her."

Psalm 103:2-3 Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases

By His stripes we are healed

Isaiah 53:5 But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

God's Word has healing power

Psalm 107:20 He sent His word and healed them, And delivered them from their destructions.

Matthew 8:8 The centurion answered and said, "Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed.

John 4:50 Jesus said to him, "Go your way; your son lives." So the man believed the word that Jesus spoke to him, and he went his way.

God is willing to give us health

Matthew 8:1-3 When He had come down from the mountain, great multitudes followed Him. And behold, a leper came and worshiped Him, saying, "Lord, if You are willing, You can make me clean." Then Jesus put out His hand and touched him, saying, "I am willing; be cleansed." Immediately his leprosy was cleansed.

3 John 1:2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Faith and Obedience

John 5:5-9

Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath.

Preventing Disease

Exodus 15:26 and said, "If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you."

Praying for another person's healing

James 5:13-16 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

Healing found in helping others in need

Isaiah 58:6-9 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' (this passage continues on in Isaiah 58:9-12)

For those who fear dying:

Psalm. 118:17 I shall not die, but live, and declare the works of the Lord.

Job 13:15 Though He slay me, yet will I trust Him. Even so, I will defend my own ways before Him.

A Prayer for Healing

Jeremiah 17:14

Heal me, O Lord, and I shall be healed; Save me, and I shall be saved, For You are my praise.